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## **FLORIDA DEPARTMENT OF HEALTH RECOMMENDS THE FLU SHOT, ESPECIALLY FOR THOSE AT RISK OF FLU-RELATED COMPLICATIONS**



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**FORT WALTON BEACH, Fla.—** The Florida Department of Health in Okaloosa County (DOH-Okaloosa) is recommending everyone to get a flu shot, especially pregnant women, children under 5, individuals over the age of 65 and those with underlying medical conditions.

"Flu activity is on the rise," said Dr. Karen Chapman, Director of DOH-Okaloosa. "It is not too late to get a flu shot, it is your best protection."

The flu vaccine is recommended for everyone 6 months and older, including pregnant women. Pregnant women who receive a flu shot also protect their baby before and after birth during first few months of life. According to the Centers for Disease Control and Prevention (CDC), women with influenza are more than twice as likely to be hospitalized if they are pregnant.

It can take up to two weeks after vaccination to develop protection against the flu. There are many different flu vaccine options this season, which include high dose and adjuvanted vaccine for adults aged 65 years and older.

Even if the flu vaccine does not fully protect against the flu, it may reduce the severity of symptoms and the risk of complications.

The flu vaccine is available free to children 6 months through 18 years of age at both DOH-Okaloosa locations on the days and times listed below:

### **Fort Walton Beach**

Monday and Wednesday  
7:30 a.m. to 10:30 a.m.  
12:30 p.m. to 3:30 p.m.

Tuesday  
7:30 a.m. to 10:30 a.m.  
12:30 p.m. to 5 p.m.

### **Crestview**

Thursday  
7:30 a.m. to 10:30 a.m.  
12:30 p.m. to 3:30 p.m.

Visit [FluFreeFlorida.com](http://FluFreeFlorida.com) for more information on how to be a part of #FluFreeFL. For more information on influenza and influenza-like illness in Florida, please visit [www.floridahealth.gov/floridaflu](http://www.floridahealth.gov/floridaflu).

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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